Healthy Lifestyles features and benefits

Working toward a healthier you?



Healthy Lifestyles is here to help.

You've had access to Healthy Lifestyles for a while now. You've had the chance to complete a Well-Being Assessment (known as the Health Assessment Tool, or HAT) to gain a clear picture of your health each year and to create a Well-Being Plan.

New to Healthy Lifestyles?

<u>Click here</u> for instructions on how to join today.

No matter what health area you're working on – weight management, exercise and fitness, tobacco cessation, healthy eating, stress management or something else – Healthy Lifestyles is here to help you reach your health goals.

We're also here to help motivate and inspire you. When you work for the State of New Hampshire and you use the Healthy Lifestyles website, you can work your way toward 5,000 points for a \$100 Health Reward.

You'll also receive motivational and informational emails from us every month to help you on your journey. And when you define what inspires you to be healthy and journal about your inspiration, you'll deepen your commitment and earn points, too. You can't lose.





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How to sign up for Healthy Lifestyles



1. Go to anthem.com and log in using your Anthem username and password.

If this is your first visit to anthem.com, select **Register** to complete the registration screens. Once you've registered, log in to get started.



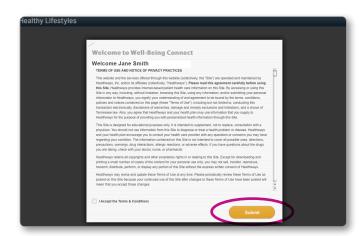
To access Healthy Lifestyles, select Get started > under the Healthy Lifestyles section.



Select Well-Being Assessment (this is your Health Assessment Tool or HAT) to get a complete picture of your current health and what it will take to improve it.



2. Select the Health & Wellness tab.



4. Accept the Healthy Lifestyles terms and conditions and click **Submit**. Congratulations, you're registered!



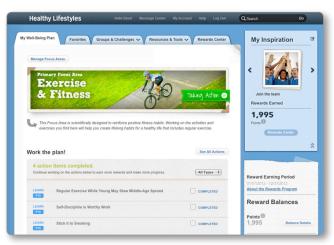
6. Select **Start** and answer the questions on the following screens.



 Click View Full Report to download a PDF or view your results. Congratulations, you have completed your HAT! After you've reviewed your results, select Create Your Well-Being Plan to personalize your Healthy Lifestyles program.



Based on the information you've provided, Healthy Lifestyles
will recommend a primary focus area and two connected
focus areas. Use the recommended focus areas or swap
them out with others. Click Next to continue.



11. Congratulations! You are now ready to start using your well-being plan, trackers and all of the online resources and tools that Healthy Lifestyles has to offer.



Healthy Lifestyles will show you the areas that the program can help you address. Use the radio buttons to indicate your interest in working on each area and click Next.



10. You can choose to add the trackers that support your focus areas here, or you can add them at a later time. After you have chosen your trackers, click Finish to complete your well-being plan setup.

If you have questions about registration or program details, contact the customer service line listed on the back of your Anthem ID card at 1-800-933-8415 Monday-Thursday 8 AM-8 PM, Friday 8 AM-5 PM or email StateofNH@anthem.com.

